

Track: especialpicoseuropa_etapa6_dia_08_sotrescolladocaballar_calzadaromana_arenascabrales-track.gpx

These speeds are average for = HKG

IBP index reliability= A

IBP = 68 HKG

Total length	14.78 Km
Analyzed distance	14.78 Km
Lineal distance	9.83 Km

Accumulated climb	340.36 m
Accumulated descent	1398.09 m
Maximum height	1242.25 m
Minimal height	179.01 m
Climb rate	10.48 %
Descent rate	12.75 %
Positive climb difference per	23.03 m
Negative descent difference per	94.59 m

Total time	6:28:06 h
Time in movement	5:25:56 h
Stopped time	1:02:10 h

Total speed average	2.28 Km/h
Average speed in movement	2.72 Km/h
Maximum held speed	6.81 Km/h

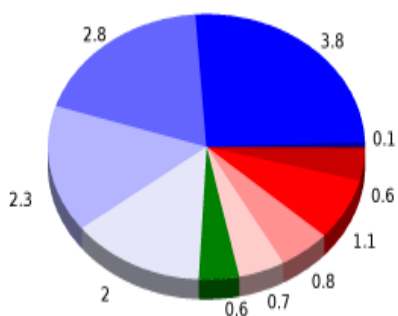
Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2200 (cad. 6.72 m)
Significant points	447 (cad. 33.14 m / 20.32 %)
Aberrant points	67 (3.05 % d. total)

Direction changes per	15.9
Direction changes >5° per	13.6
Accumulated straight stretches	1.203 Km
Straight stretches per	81.39 m
Penalizable slope changes	5
Penalizable slope changes per	0.338

Find The Best bike routes



Summary of slopes

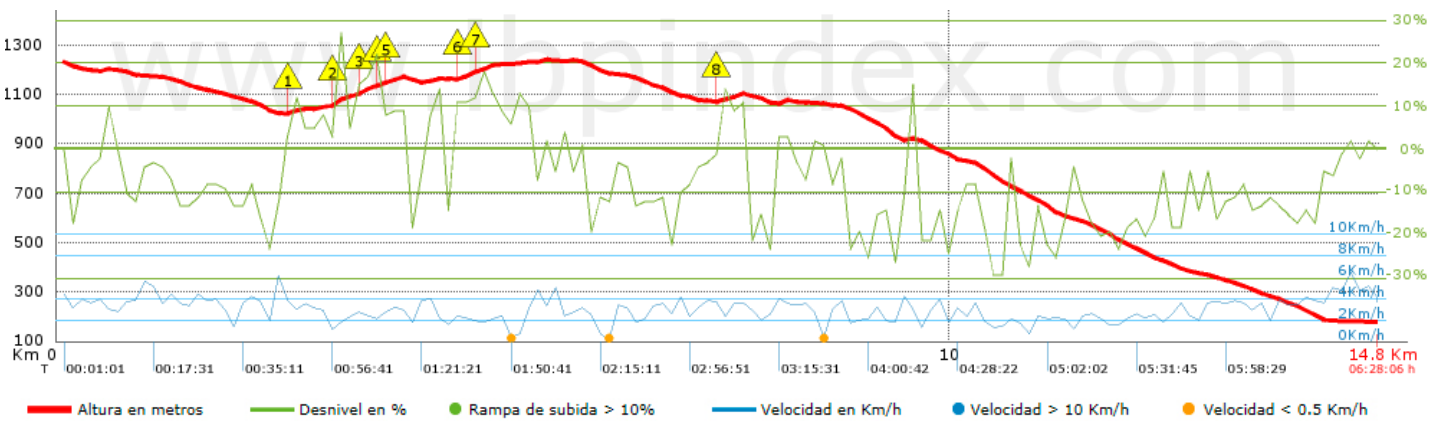


Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
Between 30% and 55%	0.03	0.21	1.37	0:01:20
Between 15 and 30%	0.602	4.07	2.19	0:16:30
Between 10 and 15%	1.107	7.49	2.64	0:25:10
Between 5 and 10%	0.798	5.4	3.02	0:15:50
Between 1 and 5%	0.709	4.79	2.9	0:14:40
Total :	3.246	21.97	2.65	1:13:30
Plain				
Difference of 1%	0.564	3.82	3.41	0:09:56
Breakdown descents				
Between 1 and 5%	1.983	13.42	3.43	0:34:44
Between 5 and 10%	2.315	15.67	3.41	0:40:42
Between 10 and 15%	2.791	18.88	2.83	0:59:08
Between 15 and 30%	3.818	25.83	2.17	1:45:26
Between 30% and 55%	0.062	0.42	1.49	0:02:30
Total :	10.969	74.22	2.71	4:02:30
Total track :	14.78	100 %	2.72	5:25:56









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Steep slopes > 10%

Step	Slipage point	Average slope	Interval
	2.596	11 %	97 m
	3.084	28 %	120 m
	3.333	16 %	190 m
	3.524	13 %	137 m
	3.661	13 %	136 m
	4.418	12 %	296 m
	4.714	18 %	123 m
	7.39	11 %	259 m

High altitude parameters, data above

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	Total : 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.023	0:08:00	1223	1:45:51	1:45:51	5.023
6.028	0:24:20 > 10´	1203	2:12:31	0:26:40	1.005
8.458	0:26:50 > 10´	1067	3:22:31	1:10:00	2.43
10.768	0:03:00	710	4:51:02	1:28:31	2.31
Total :	1:02:10 h				